

Fall Newsletten 2006

For more information, please talk to your principal or visit www.hearthighway.org/gms

What We're All About

Gold Medal Schools (GMS) is working to improve the health of Utah's kids. Your school is making changes to create a healthier atmosphere for your students and staff. After all, studies show that healthy kids make healthy learners.

GMS have safe routes to school, offer healthy food choices, encourage physical activity, fight tobacco, and reward kids with non-food prizes. Each school determines the pace of the program

with help from mentors, principals, a teacher or PTA member, food service staff, and local and state health departments.

Don't just take our word for it! Read some of our schools' successes on our GMS of the Month webpage at www.hearthighway.org/gms/month.

Mission:
Creating
opportunities for
students to eat
healthy, be active,
and stay tobaccofree



The 2006-2007 school year marks Gold Medal Schools' sixth year in elementary schools.

To this point 264 schools, 131,213 students and 5,940 teachers have participated in Gold Medal Schools.

We are proud of all the changes our schools have made to improve the health of their students.



What You Feed 'Em Affects Their Grades

There are plenty of things parents can do to make sure their GMS kids are eating right and improving their odds of bringing home better grades and building self-confidence.

Making sure they eat breakfast is the most important. Studies show people who eat breakfast have more strength and endurance, concentrate better, solve problems more easily and maintain their weight better. On the flip side, people who skip breakfast often feel irritable, tired and restless in the morning.

Quick Breakfast Options

- Whole-wheat pita stuffed with sliced hard-cooked eggs
- Lean ham on a toasted English muffin with vegetable juice
- Bran muffin and yogurt topped with berries
- String cheese rolled into a whole-wheat tortilla
- Toasted waffles topped with peanut butter
- Cheese pizza and a glass of orange juice
- Cereal topped with sliced banana and yogurt

Welcome New Schools

We would like to welcome all of our new schools* in each School District, and wish them luck as they go for the gold. You can see a list of all Gold Medal Schools by visiting our website.

Alpine
Alpine Elementary
Eagle Valley Elementary
Orem Elementary

Saratoga Shores Elementary Magna Elementary

Box Elder

Century Elementary Discovery Elementary Foothill Elementary McKinley Elementary North Park Elementary

Cache

Lewiston Elementary Nibley Elementary Summit Elementary Sunrise Elementary

Davis

Clinton Elementary South Weber Elementary Sunset Elementary Tolman Elementary Whitesides Elementary

Emery

Book Cliff Elementary

Granite

Oakwood Elementary

Iordan

Butterfield Canyon Elementary Provo Daybreak Elementary Willow Springs Elementary

Logan

Bridger Elementary Ellis Elementary

Millard

Delta North Elementary

Murray

Liberty Elementary Viewmont Elementary

Larsen Elementary Sage Creek Elementary

Ogden

Gramercy Elementary Horace Mann Elementary

Canyon Crest Elementary Edgemont Elementary

Salt Lake

Ensign Elementary Guadalupe School Lincoln Elementary North Star Elementary

Tooele

Anna Smith Elementary

Wasatch

Old Mill Elementary

Washington

Arrowhead Elementary Coral Cliffs Elementary Panorama Elementary Santa Clara Elementary Three Falls Elementary

Wayne

Hanksville Elementary

Weber

H. Guy Child Elementary Hooper Elementary Majestic Elementary

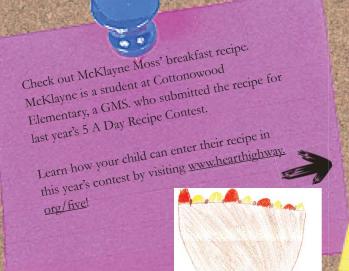
Charter Schools

Channing Hall Elementary Summit Academy

Private Schools

Trinity Lutheran School

* New Schools as of 9/20/06





Fruit and Cheese Breakfast Pitas

6-8 whole wheat pita pockets, cut in half One 8-oz. container of low-fat vanilla yogurt 1 cup grated cheddar cheese 1/2 cup shredded coconut 3 large bananas, peeled and sliced 1 11-oz. can mandarin oranges, drained

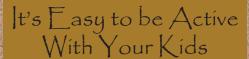
1/3 cup pecan gems or chopped walnuts (optional) In medium bowl, mix yogurt and cheese together. Add remaining ingredients and stir thoroughly. Spoon mixture into pita pockets, serve and enjoy!

Energy To Burn

Use this chart to help you determine what type of activity you will need to do and the amount of time you will need to do it to burn the calories you are eating.

			Minutes of activity needed to burn calories	
Food	Serving Size	Calories	Walking, 4 mph	Running, 8 mph
Bagel	1 each	195	41	15
Banana	1 medium	105	22	8
Candy Bar	1 each	280	59	22
	11 chips	140	29	11
Chips French Fries	Medium	370	78	29
	1/2 cup	22	5	2
Green Beans	1/2 cup	133	28	10
Ice Cream	1/2 cup	52	11	4
Orange Juice	1 each	45	10	4
Peach Halve Pizza	1/8 of 12"	181	38	14

*Remember, you don't have to burn all the calories you eat by walking or running. About 60% of the calories you use each day are for basic body functions such as breathing and circulating blood.



- Walk someplace fun to a friend's, the park or the store
- Bring the zoo to you walk, run and jump like different animals
- See how many jumping jacks you can do in one minute
- Do chores around the house to help your muscles grow
- Get moving by playing "Hot Potato" with a beanbag
- Play hopscotch. Make a court with chalk (outside) or masking tape (inside)



We all need calories for energy. But we also need to be smart about our calories by eating foods and drinks that have lots of vitamins and minerals in addition to calories. Choose foods like fruits and vegetables, whole grain bread, and low-fat milk over foods with empty calories such as soda, candy, and french fries whenever you can. Your body will work better and you will have more energy by eating healthy food daily and having a treat rarely or on special occasions.

Try these healthy snacks:

- Apple slices dipped in yogurt
- Half cheese quesadilla with salsa & lettuce
- Whole-wheat english muffin topped with tomato sauce and mozzarella
- Hummus and whole grain crackers

Red Ribbon Week

GMS is gearing up for this year's *Red Ribbon Week: October 23rd-31st*. We are asking our students to take a Smoke-Free Home Pledge to protect their homes from the dangers of secondhand smoke by visiting www.epa.gov/smokefree/pledge. The website includes:

- •A Smoke-free Home Pledge Certificate to display in your home
- •Tips on keeping a smoke-free home and car
- •Information on how to order the Smokefree Home Kit

Exposure to secondhand smoke can cause children to develop asthma, bronchitis, pneumonia, other respiratory infections, and ear infections. Make sure to keep the air your family breathes in clean and healthy!



